

Week One 第一周

12/2/2015 - 23/2/2015

注意/NOTE: 红枣, 南枣, 黑枣,
必须放进冰箱或冰冻格里
收藏 Red dates, Nan dates
and Black dates must be
stored in the fridge or
freezer



天 Day	药方名称 Description Of Soup	药用的功效 Functions	可配搭的食物 Food to pair with	其他 Others
1	清宫去瘀汤 (生化汤) Uterus-Cleaning Soup (Revitalising Soup)	排除子宫内未剥离的黏膜或血块, 排恶露, 预防血栓形成, 缓解产后腹痛, 行气活血, 暖子宫. Removes the membranes or blood clots that failed to strip off; purges lochia; promotes movement of vital energy and invigorates blood; warms the uterus	不用 NA	晚 Night
2	清宫去瘀汤 (生化汤) Uterus-Cleaning Soup (Revitalising Soup)	排除子宫内未剥离的黏膜或血块, 排恶露, 预防血栓形成, 缓解产后腹痛, 行气活血, 暖子宫. Removes the membranes or blood clots that failed to strip off; purges lochia; promotes movement of vital energy and invigorates blood; warms the uterus	不用 NA	晚 Night
3	补中提神润肺汤 Nourishing, Refreshing and lung moistening soup	强心, 补益肺, 安神, 补脾胃 Boosts the heart; nourishes and benefits lungs; calms the mind; nourishes the spleen and stomach	鸡, 瘦肉 Chicken, Lean meat	
4	四物汤 Si Wu Soup <i>(D)</i>	温胃健脾, 行气助消化, 活血补血, 祛风. Warms the stomach and strengthens the spleen; promotes movements of vital energy and aids digestion; invigorates and replenishes the blood; dispels wind	瘦肉 Lean Meat	
5	健脾汤 Spleen-Strengthening Soup	利水消肿, 宁心安神, 健脾开胃, 消胀 Reduces water retention; Calms the mind; strengthens the spleen and whets the appetite; reduces bloating	肉 Meat	甜品 Dessert
6	强心提神润肺汤 Heart-Boosting, Refreshing & Lung- Moistening Soup <i>(D)</i>	调理心气, 滋阴润肺, 强肺功能 Regulates the heart and vital energy; nourishes yin and moistens the lungs; fortifies lung function	炖冰糖 Stew with rock sugar	甜品 Dessert
7A	补中提神润肺汤 Nourishing, Refreshing and lung moistening soup	强心, 滋补益肺, 安神, 补脾胃, Boosts the heart; nourishes and benefits lungs; calms the mind; nourishes the spleen and stomach	鸡, 瘦肉 Chicken, Lean meat	
7B	增乳提气汤 Lactation-Boosting & Energising Soup	增加乳汁, 健脾补气 Increases breast milk; strengthens the spleen and replenishes vital energy	青木瓜, 鸡, 排肉, 鱼 Green papaya, meat, fish	甜品 Dessert

Week Two 第二周



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8	补阴强肝滋润汤 Yin-Nourishing, Liver-Fortifying & Moistening Soup	行气, 强肝, 滋阴养血 Promotes movement of vital energy; fortifies the liver; nourishes yin and blood	猪腰 pig's kidney	@炖 @Stew
9	大补元气汤 Strong Nourishing Soup	滋阴补血, 明目, 助肝 Nourishes yin and replenishes blood; improves vision; benefits the liver	瘦肉, 乌鸡 Lean meat, Black chicken	
10	六味清补汤 Refreshing & Nourishing Liu Wei Soup	清补润躁, 健脾益胃, 润肺益脑, 养心安神 Refreshes, nourishes and moistures; fortifies the spleen and benefits the stomach; moistens the lungs and benefits the brain; calms the mind	瘦肉 Lean Meat	甜品 Dessert
11	八珍加减汤 Modified Ba Zhen Soup	补气养血, 祛风, 补脾, 和胃益肝 Replenishes vital energy and nourishes blood; dispels wind; nourishes the spleen; regulates the stomach and benefits the liver	瘦肉, 乌鸡 Lean meat, Black chicken	晚 Night
12	泡参杞子汤 Ginseng & Wolfberry Soup	润心肺, 补气, 降火, 开胃, 明目 Moistens the heart and lungs; replenishes vital energy; helps cool down the body; whets the appetite; improves vision	不用 NA	@炖 ***日 @ Stew * Day
13	加味杜仲补腰汤 Improved Back-Nourishing Soup	补肝肾, 补腰强筋骨, 养心安神, 壮阳暖子宫 Nourishes the liver and kidney; nourishes the lower back and fortifies the muscles and bones; calms the mind; treats impotence and warms the uterus	猪尾或尾骨, 瘦肉 Pig's tail or tail bone, lean meat	
14A	补脑去风安神汤 Brain-Nourishing, Wind-Dispelling & Mind-Soothing Soup	镇痛, 补脑去风, 安神补气 Suppresses pain; nourishes the brain and dispels wind; calms nerves and replenishes vital energy	肉, 鱼, 姜 Meat, Fish, Ginger	
14B	增乳提气汤 Lactation-Boosting & Energising Soup <i>2/8/2015</i>	增加乳汁, 健脾补气 Increases breast milk; strengthens the spleen and replenishes vital energy	青木瓜, 鸡, 排肉, 鱼 Green papaya, chicken, pork rib, fish	甜品 Dessert

Week Three 第三周

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15	四神汤 Si Shen Soup <i>118/2015</i>	利水消肿, 宁心安神, 开胃健脾, 止泻 Reduces water retention; calms the mind; whets the appetite and strengthens the spleen; stops diarrhoea	瘦肉, 鸡 Lean meat, chicken	甜品 Dessert
16	人参美果汤 Ginseng & Fruit Soup <i>118/2015</i>	帮助身体自身多产生一些组织所需的润滑液, 润肺, 补心气 Helps the body produce lubricant; moistens the lungs; replenishes the heart's vital energy	瘦肉 Lean Meat	甜品 *** 日 Dessert *** Day
17	加减十全大补汤 Modified Shi Quan Da Bu Soup <i>3/12/2015</i>	补血益气, 利水, 通经脉, 缓解产后虚弱, 疼痛等 Replenishes blood and benefits vital energy, promotes diuresis; unblocks the meridians; eases postpartum fatigue, pain due to blood stasis, etc	排骨, 猪尾骨, 鸡 Pork rib, Porktail bone, chicken	
18	安神护发汤 Mind soothing & Hair protecting Soup <i>2/8</i>	护发, 安脑, 镇静神经, 补气去湿 Protects the hair; tranquillises the mind; calm the nerves; replenishes vital energy and clears dampness	排骨, 瘦肉 pork rib, lean meat	
19A	天山参炖汤 Tian Shan Ginseng Soup <i>118/2015</i>	强心补气, 开胃降火 Fortifies the heart and replenishes vital energy; whets the appetites and lower body heat	排骨, 猪肚 Pork rib, Pork belly	@炖 *** 日 @ Stew * Day
19B	保胃汤 Stomach- Fortifying Soup <i>4/8/2015</i>	利水消肿, 宁心安神, 保温健脾, 止泻, 行气 Reduces water retention; calms the mind; protects and warms the stomach; fortifies the spleen; stops diarrhoea; promotes movements of vital energy	瘦肉, 鸡 Lean meat, chicken	甜品 Dessert
20	八珍加减汤 Modified Ba Zhen Soup <i>4/8/2015</i>	补气养血, 祛风, 补脾, 和胃益肝, 调经 Replenishes vital energy and nourishes blood; dispels wind; nourishes the spleen; regulates the stomach and benefits the liver	瘦肉, 乌鸡 Lean meat, Black chicken	晚 Night
21	六味清补汤 Refreshing & Nourishing Liu Wei Soup <i>6/8/2015</i>	清补润躁, 健脾益胃, 润肺益脑, 养心安神 Refreshes, nourishes and moisturizes; fortifies the spleen and benefits the stomach; moistens the lungs and benefits the brain; calms the mind	瘦肉 Lean Meat	甜品 Dessert

Week Four 第四周



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22	温中强腰汤 Warm Back-Fortifying Soup <i>8/8</i>	健腰膝, 利关节, 补肾行气, 温胃健脾 Fortifies the lower back and knees; improves the joints; nourishes the kidneys and promotes the movement of vital energy; warms the stomach and	排骨, 瘦肉 pork rib, lean meat	@炖 @Stew
23	洋芪降脂汤 Fat-Reducing Soup <i>9/8 7/8</i>	补气及消除多余水份或食物等的停淤阻寒 Replenishes vital energy and removes stasis due to excess water or food	瘦肉 Lean Meat	甜品 *** 日 Dessert *** Day
24	安神护发汤 Mind soothing & Hair protecting Soup <i>9/8(一)</i>	护发, 安脑, 镇静神经, 补气去湿 Protects the hair; trainsquilises the mind; calm the nerves; replenishes vital energy and clears dampness	排骨, 瘦肉 pork rib, lean meat	
25	八珍加减汤 Modified Ba Zhen Soup <i>9/8(二) 9/8(三)</i>	补气养血, 祛风, 补脾, 和胃益肝, 调经 Replenishes vital energy and nourishes blood; dispels wind; nourishes the spleen; regulates the stomach and benefits the liver	瘦肉, 乌鸡 Lean meat, Black chicken	晚 Night
26A	六味清补汤 Refreshing & Nourishing Liu Wei Soup <i>10/8(二)</i>	清补润躁, 健脾益胃, 润肺益脑, 养心安神 Refreshes, nourishes and moisturies; fortifies the spleen and benefits the stomach; moistens the lungs and benefits the brain; calms the mind	瘦肉 Lean Meat	甜品 Dessert
26B	加减十全大补汤 Modified Shi Quan Da Bu Soup <i>10/8(三)</i>	补血益气, 利水, 通经脉, 缓解产后虚弱, 瘀痛等 Replenishes blood and benefits vital energy, promote diuresis; unblocks the meridians; eases postpartum fatigue, pain due to blood stasis, etc	排骨, 尾骨, 鸡 Pork rib, Pork tail bone, chicken	
27	滋阴黄芪汤 Yin-Nourishing Astragalus Soup <i>13/8 (四)</i>	补肾气, 益子宫, 去虚火 Replenishes kidneys' vital energy; benefits the uterus; clears internal heat due to debility	嫩鸡 Spring Chicken	@炖 @Stew
28	洋芪降脂汤 Fat-Reducing Soup <i>12/8 (三)</i>	补气及消除多余水份或食物等的停淤阻寒 Replenishes vital energy and removes stasis due to excess water or food	瘦肉 Lean Meat	甜品 *** 日 Dessert *** Day